

LIVINGSTON RUGBY CLUB YOUTH SECTION NEWSLETTER



"Welcome to the 2015/2016 Season and Livingston Youth Sections first newsletter. We hope as the newsletter progresses you be given an insight into each team and will get to know names and faces of our budding stars as well as finding out a bit more about our fantastic club as we bring teams together for summer sessions, fun days, Christmas parties to new year celebrations. "

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MESSAGE FROM THE CHAIR

I have been in and around Livingston Rugby Club for as long as I can remember. My dad first became involved in the club in the very early days, probably around 1969 (way before I was born) as a player, then as a coach. I remember going along to the club as a youngster picking off stones off the pitch as before a game, watching 7 aside tournaments, I think I even wrote about rugby one day in primary school when we had to write a story about our weekend. I recall mentioning that I liked when Livingston won on a Saturday as my dad bought a chippy for our tea as a special treat!

Rugby was a part of my life then, and an even bigger part now. My dad stopped coaching senior team, and later coached the under 16's and under 18's, and going along to

support his team, I made great friends, who I still have to this day. Delighted to have one of them (Barry Black) on the youth committee



When my eldest son Craig was very young, he tried rugby but it wasn't for him - he went on to bigger and better things. Fraser however took to the game like a duck to water, and myself (and my dad) were back on board. Steven came along to help my dad out, and he too became sucked in to the club.

Since then, I have been

involved in the youth section as parent helper, team manager, fixtures secretary treasurer, secretary and now chair. I've cooked a bowl of pasta or two for the guys, organised tours, fund raising nights, and probably a few other things I've forgotten about,

I am passionate about our club and love being a part of it all. It really feels like a family to me, with friends that I made whilst growing up, my parents and their friends, and a new generation

of rugby players in the youth section. I am excited to undertake my new role as youth section chair and will hopefully build on the success that we have shown over the last few years. I am delighted to have so many people on the committee, and with the launch of the Academy it is a great time to be at Livingston. I look forward to working with everyone this next sea-

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LIVINGSTON RUGBY CLUB

Club President Written by Lee Anne Steel

Hi everyone, although it's out of season the club is still a hive of activity. I've been busy trying to understand my new role and senior and youth committees are finding their feet. I'm confident we have a strong team in place for the upcoming season. It's been great to see as many kids along at pre-season training the fitness work is hard but the results will pay off in games. The seniors too have been working hard in preseason so we're looking forward to a

great season ahead.

Rugby force day is the 8th of August and we have an amazing line up. One of the highlights is our senior team playing a charity game against DHL - it would be great for us all to be there supporting them. I have also started 'Lee Anne's list' where we're capturing ideas/suggestions on how we can make the club an even better place. Please get in touch with me directly or there are sugges-



tion forms in the club. I look forward to seeing all of you throughout the season
Lee Anne

S1 NOW (S2)BY IAIN MACAULAY

'CARROT SOUP, CARROT SOUP, CARROT, CARROT SOUP!' sung to the tune of 'Give it up' by KC and the Sunshine Band. A song with more ties to coaches than the S1 team that made it their rallying cry on their tour to Wales last Easter weekend.

Nineteen boys and four coaches got into two council minibuses and, in convoy, complete with walkie talkies, (and not a 'Rubber duck' or 'Smokey' in sight) made their way, via an unexpected traffic diversion

through some of the more salubrious parts of Liverpool, to the home of

long lasting memories, in addition to being treated like royalty by both op-

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'Ivor the Engine', the top left hand corner of Wales.

Base camp was a Youth Hostel in the old walled market town of Conwy from where they played against the local team 'Bethesda' and the neighbouring town of 'Llandudno. They narrowly lost to Bethesda and took a win over Llandudno. But more importantly, they acquired new experiences and

position teams. By Iain MacAulay And why the call of 'Carrot soup', I hear you ask? Well, professional modesty forbids me from saying because, as they say, 'What happens on tour stays on tour... Unless of course your mother asks you a direct questions... or threatens to feed you from a steaming pot of hot carrot soup....
By Iain MacAulay



JAMIE LUMSDEN

The Youth Section would like to pass on heart felt congratulations to U16 player, Jamie Lumsden, who, after taking part in the Pathways Programme and KNT Camp at Murrayfield, was selected to represent the Edinburgh in the Regional U16 Squad and has been training with them at Sighthill on a Wednesday afternoon. Then turning up for training at Livingston straight after!!!! What a boy!



Jamie has been a member of Livingston Rugby club since Mini's level and is a prime example of what hard work and determination can achieve. He is an asset to his team where his power, skill and work ethic has stopped many an attacking move from an opposition team. I'm sure you will all join us in saying well done to Jamie and in wishing him all the best in his upcoming games.

New Youth Section Treasurer

Julie Forster has joined the Youth Section Committee as Treasurer. Julie's son, Sam, has been playing rugby at Livingston since P3 and is now in P6.

The P6 team, managed by Scott Philp, has 20

players so often fields two teams at tournaments. In addition a number of Dads have become coaches, making the squad a really friendly group. Parents have become firm friends and muck in when the weather is

bad to keep players dry and

warm between matches. The group are also great at making bacon buttys and scooping ice-cream when needed.

Julie says: "it is a great atmosphere and the parents have watched their children really develop not just as players but as strong, healthy and confident children. They go to different schools and it is so positive that they have made friends here. We look forward to making this year's new parents and players very welcome.

"We also have many family members coming along as spectators including grandparents and it is fantastic to hear three generations of

a family all talking rugby to-

gether."

As treasurer, Julie will oversee the income and expenditure for the Youth Section and hopes that parents will come along to the fundraising activities and social nights throughout the year:

"The membership at Livi is such great value when you think about the coaching, the care and the equipment the children have access to. Not to mention the team spirit which is beyond value! So sponsorship is always welcome and I encourage any parent who might support the club or ask a local business to help out, to get in touch."

Coming originally from Northern Ireland, Julie is occasionally seen wearing an Ireland rugby shirt and looking quite cheery about it, especially around February or March. But as the P6 team has a healthy representation of Scotland, England and Wales among the squad, she feels it's only right to don the green now and then.



3 generations of rugby fans: Julie with her father and with Sam.

P7 (NOW S1) BOYS TO MEN

This past season has seen the P7 team grow, bigger team, bigger pitch, bigger scrum and the introduction of line outs.

Thankfully the team numbers also grew, we started the season with 8 players, which soon grew to 12 and finishing the season with 14.

This stage in junior rugby is known as the skill hungry years, as children are geared to learn skills at this time. The coaches still focused on building the skills they have learnt in previous years, but put a greater focus on movement skills.

Introducing set positions for players and set moves for penalties and kick offs. The coaches also encouraged 'homework' and independent practice with parents and team mates, ball handling, running and basic core strength exercises such as press ups and sit ups.

Due to the low numbers at the beginning of the season we had to borrow players for the opposition, which although not ideal the team learnt to adapt quickly. Our senior players(senior due to time playing rugby) Kerry Dent and Declan Smith steered the team on



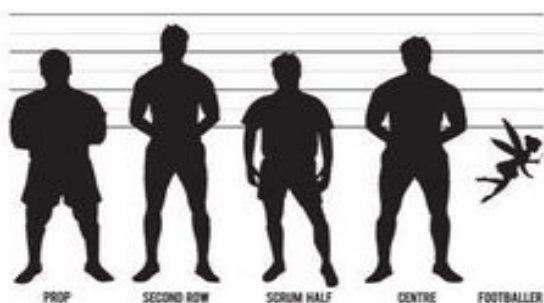
the pitch using the sets plays practiced at training improving at every game. One thing we did encourage at games was after the competitive game was to mix up the sides and play a fun game focusing on ball handling and positioning. This was invaluable to

teams, playing against and with new players improving game communication and most importantly getting game time and having fun.

Towards the end of the season it was great to hear from opposition coach's comment on the improvement in the team. Yes we may have lost more than we won, but every player improved, the team improved and it was a blast. We now move into S1 rugby and are already training for next season with the senior players. Team have already learnt a lot, but best of all they are holding their own in the training sessions. All this would not have been achieved without the help and support of the parents

and families, their involvement is invaluable to the team. From taxi driver to bottle carrier they have all played their part. From us to you a BIG THANK YOU.

By Corrie McKenzie



U15 (PREVIOUSLY S2)

I would like to welcome all the boys and parents to the 2015/16 season for the under 15's!

The 2014/15 season was an eventful one with more highs than lows for the team. Throughout the season we welcomed many new players to the team so we had a mix of players who have been with the club a long time and boys who had just started playing the game. Ben and Stuart Danskin felt the season was going to be a transitional one with the newer players learning how to play the game and the more experienced players adapting also. However, we saw some strong performances throughout the season which outweighed the games we lost!

A couple of highlights for the year for us were our tour to Holland! As manager I cannot thank the club, parents and coaches for their commitment to this. We were all sick of the sight of burgers before we left!

Several of our boys were given the opportunity to attend Keynote Themes Camp at Murrayfield and there is a follow up to this skills/learning experience later in the year.

This season will be a big change for the boys, as the format will be changing from a game every week to a League format. This will be played up until December culminating in a cup competition. I wish the boys well and know they hard work they put in at training sessions under the diligent guidance of Ben and Stuart will pay off for them. My most vivid memory over the last 12 months unfortunately is not of a big win! It is being on a bus travelling back from Holland with as many bags as I could carry (no customs concerns!). Unfortunately, many of the boys were struck down with a virus whilst we were away and our bus and accommodation became known as the vomit comet (there are a few adults who on reading this will recall vividly!). We did all make it home safe and sound but just to let you all know I still have plenty of sick bags available!

So, back to the coming season, Myself, Ben and Stuart are looking forward to seeing all the boys back training hard, playing with commitment and passion and most importantly, enjoying the game.

We are always on the look out for new players. So please boys, if you have any friends who would like to try what is a great sport, bring them along and they can try it out!

On a final note a massive thanks again to the coaches, who, rain, shine and all the other weather give of their own time to support the under 15's **BUT MOST IMPORTANTLY TO THE TEAM FOR THEIR COMMITMENT AND PASSION!** If it wasn't for them my Wednesdays Friday and Sundays i would be at a loose end.

By Stuart Harvey

Thank you

Livingston Rugby Football Club is run by volunteers for the benefit of the community and the sport.

Membership is the lifeblood of the Club and in the Youth Section we also carry out fundraising activity from time to time.

We aim to keep our subscription rates as affordable as possible so that every child with a passion for rugby from primary 1 can join in and reach their potential. This year we expect to have 200 children playing for our teams with parents, friends and other family coming along to support them at matches home and away with teams coming from the length and breadth of the country.

To keep this success going we have sponsorship opportunities for you to consider and to pass on to employers and local businesses. In return for this support, our sponsors will be listed in our Youth Section tournament programmes, online and on our 2015/16 sponsors wall at the club. For larger sponsorship opportunities we can offer a coaching session for your staff with a barbecue at the clubhouse! Please contact the Youth Section Treasurer, number below for larger sponsor opportunities

WHAT		Can you help, please, leave name/contact details if you would like to help the club in this way
BALL SPONSOR £10 OR MATCH BALL SPONSOR £40	<p>What is rugby without odd-shaped balls? Believe it or not, we get through loads of balls in the youth section, it's basic equipment and does take a kicking each season.</p> <p>You can help by donating just £10 to replace a worn ball, or £40 to provide a high quality match ball.</p>	<p>Name:</p> <p>Contact details:</p>
<p>Shirt Sponsor £25 or</p> <p>Team Shirt sponsorship £400 (£500 with sponsor's logo)</p>	<p>Kids grow and get mucky. Rugby kids really grow and really get mucky. So we try to ensure that we have quality team shirts for match days that can be worn with pride by all shapes and sizes of rugby kid. The team shirts and laundered by volunteers after every use and kept centrally for distribution. So invest with pride and donate a shirt with £25. Alternatively have your business sponsor one of our age group teams with your logo printed on the kit for £500.</p>	<p>Name:</p> <p>Contact Details</p>
COACH SPONSOR £100	<p>Our coaches volunteer at least 4 hours of coaching per week each season to train our teams and develop their skills and enjoyment. We have around 40 volunteer coaches on the Youth Section. To encourage our coaches and develop their skills we ask them to dedicate even more time to rugby by completing SRU coaching qualifications. It costs about £100 per year to ensure each has the skills he or she needs to match their passion for youth rugby. Perhaps you or your business can sponsor a coach for a year, they really do a great job!</p>	<p>Name:</p> <p>Contact Details</p>

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A	O	P	T	W	Z	Y	R	E	H	C	R	A	A	B	E	K
B	Q	O	W	S	O	E	L	P	K	I	G	U	N	M	L	I
T	E	N	P	I	N	B	O	W	L	I	N	G	G	I	H	N
O	S	S	I	N	N	E	T	J	V	K	I	X	G	L	T	G
O	Y	W	K	X	P	D	H	D	H	E	C	M	L	C	A	N
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T	S	T	C	R	I	C	K	E	T	E	X	U	G	T	S	L

SPORTS Wordsearch

AMERICAN FOOTBALL	MOUNTAIN CLIMBING
ARCHERY	POOL
BASEBALL	ROUNDERS
BOB SLEIGH	RUGBY
BOWLS	RUNNING
DIVING	SCRAMBLING
CRICKET	SNOOKER
CYCLE RACING	SWIMMING
DARTS	TEN PIN BOWLING
FOOTBALL	TENNIS
GRAND PRIX	WALKING
HANG GLIDING	WIND SURFING
ICE SKATING	

